



Longevity

MEDICAL CLINIC

Anti-Inflammatory Lifestyle

DO's:

- 1. Eat organic produce and organic, range-fed poultry, meat, dairy and eggs.**
Eating organic reduces the overall chemical stress on the liver, kidneys, & immune system.
- 2. Eat as wide a variety of vegetables as you can.**
Enjoy eating vegetables of every color. Color equates to anti-oxidants. Eat purples, reds, blues, yellows, oranges, and all shades of green. Anti-oxidants soothe your chemistry.
- 3. Balance your blood sugars** – eat more protein and complex carbs.
Low blood sugars are another source of stress for the body. Stress provokes the release of Cortisol, which raises the blood sugar, in turn releasing Insulin into the blood system, which provokes inflammation and also causes weight gain. A high carb diet also provokes the release of Insulin and sets the same chemistry in motion.
- 4. Optimize Omega 3 oils – Fish oil (EPA/DHA) 1000 mg.**
Work up to 4-5 twice a day (8-10 total daily) over 10 – 14 days. (If you have a hard time digesting them, take bile acids 1-3 per dose of oils to help you digest them.)
Reduce to 4-6 daily as symptoms subside. Fish oil is an excellent anti-inflammatory & tissue lubricant.
- 5. Use olive oil for light or short frying only (<100 degrees), or in your salads.**
Olive oil is quite delicate and is damaged by high heat, making it worse for you. Also use coconut oil in place of butter or margarine.
- 6. Drink clean, filtered water 60 - 80 ozs per day.**
This helps to keep your cells hydrated and functioning better, and helps to wash metabolic waste products out of your system.
- 7. Stress management**
Stress only serves to irritate the system which is already aggravated and irritated. Get plenty of rest, relaxation, and exercise 4-6 times a week to help manage stress.
- 8. Maintain a positive attitude.**
If you have ill feelings towards others, resolve them. Carrying grudges or resentments towards others only perpetuates the stress.

9. Get adequate rest.

At least 6-8 hours of restful sleep nightly.

10. Take LMC Basic 6 - 1 twice a day

Optimal Joint and Skin – 4-6 caps per day, (for chondroitin & glucosamine

Extra Optimal C -1 daily

Extra Full Spectrum E-1 daily

Extra Vit D3 - 2000 IU daily

Alpha lipoic acid - 1000 mg per day,

11. Herbal Anti-inflammatory – KappArrest 2-3 twice a day with food

12. Try ginger –drink ginger tea, or chew and eat 1” of raw ginger 1-2 x daily.

13. Or If not helpful, we can try a stronger Anti-Inflammatory medical food.

14. Get as much of your body into sunshine for 20-30 minutes daily (without sunscreen).

Things to Avoid:

1. Reduce/eliminate sugars and sweets, and foods made from refined flour.

Consuming these foods will tend to raise the blood sugar which will provoke release of Insulin to keep the blood sugar normal. Insulin is a “mischief maker”, and is pro-inflammatory. (ie provokes and aggravates the inflammation process), and will convert the unused calories to fat, causing you to gain weight. See page 3 – The Five Worst Foods.

2. Reduce/eliminate Omega 6 vegetable oil. (Corn, Canola, sunflower, safflower, soy.) These oils are actually pro-inflammatory. Better to avoid meals requiring these oils for deep-frying. See page 3 – The Five Worst Foods.

3. Reduce animal fats – butter, whole milk, fatty cuts of meat.

Animal fats, including butter, are composed of Arachidonic Acid which also provokes inflammation.

4. Avoid foods with artificial additives – sweeteners, flavorings, colorings, preservatives. See page 3 – The Five Worst Foods.

These additives just place more chemical load on the system which is already aggravated and irritated.

5. Avoid trans-fats and hydrogenated fats. See page 3 – The Five Worst Foods.

Margarine, chips, most processed & packaged foods. Non-dairy creamers, cool whip, frostings, baked goods etc. Learn to look for these bad fats on labels.

6. Avoid stimulants including caffeine. Caffeine stresses the system. You want to reduce any stress that you can on the system.

Begin to reduce your intake of these foods & beverages by 25 -50% every 2-3 days in order to minimize withdrawal symptoms.

7. Identify and avoid foods you are allergic to. Allergies aggravate the Immune System, and only serve to increase inflammation.

If you have year-round allergy symptoms, this strongly suggests a hidden food allergy. Consider an Elimination – Challenge diet to identify hidden food allergies.

8. Avoid skin creams and lotions with a mineral oil base.

Mineral oils are petroleum products and again pose a stress to the liver and immune system. Anything applies to the skin is all absorbed into your body.) Instead, use creams made from a base of almond, olive or avocado.

9. Stop Smoking.

- Add these strategies as you see fit, choosing the easiest first.
- The more you are willing to do, the more benefit you will experience.
- Be patient and persistent and the changes will begin to happen.
- Get your hormones optimized, and keep them optimized.